

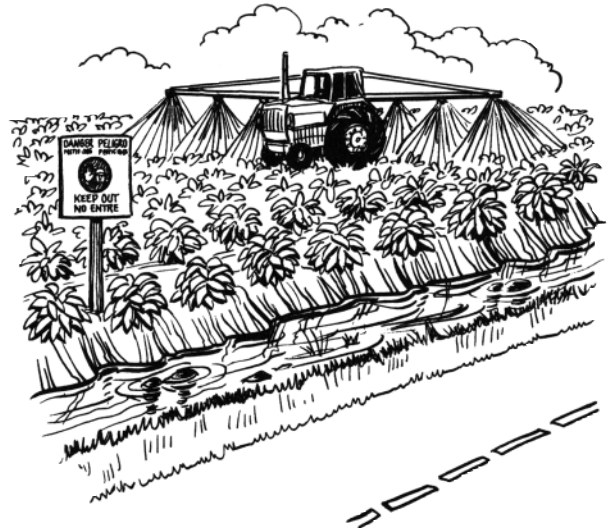


Steps to Protect Yourself from Pesticides (Laotian)

ໃຫ້ບໍ່ຕິບັດເປັນຂັ້ນຕອນ
ເພື່ອປ້ອງກັນຕົວທ່ານເອງ
ຈາກຝຸນປຸ້ຍຕ່າງ ໆ



At work, pesticides can be on plants and in soil and irrigation water.



ບ່ອນເຮັດການ, ຝຸ່ນປຸ້ຍ
ສາມາດຕິດຢູ່ນ້ຳດິ່ນໄມ້,
ດິນຫລື ຢູ່ໃນນ້ຳກໍເປັນໄດ້

Pesticides may drift from nearby applications.

ຝຸນປຸ້ຍອາດສາມາດຖືກພັດ
ຫນີ້ອອກໄປຈາກບ່ອນຫມາຍ
ສົດໃສໄວ້ກໍເປັນໄດ້



6 steps to protect yourself from pesticides.

ມີ ໖ ຂັ້ນຕອນທີ່ຈະປ້ອງກັນຕົວ
ທ່ານເອງຈາກຜູ້ນຸ່ງຍເຫລ່ານີ້



- 1 Follow directions and obey signs. Stay out of restricted areas.

- 1 ໃຫ້ເຮັດຕາມຂໍ້ແນະນຳຕ່າງໆ
ແລະເຮັດຕາມປ້າຍແຈ້ງ
ຫມາຍໄວ້ເຫລົ່ານັ້ນ



- 2 Wash your hands and face before you eat, drink, chew gum or tobacco. And...

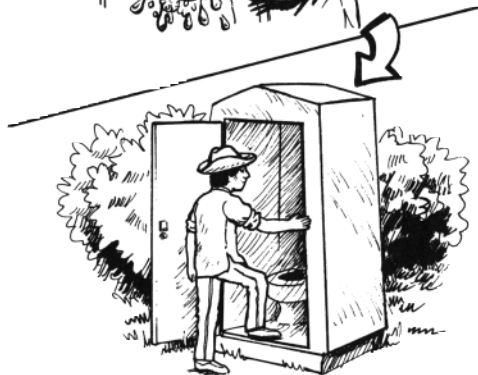


- 2 ໃຫ້ລ້າງຫນ້າລ້າງມືຢ່າງສະອາດ
ກ່ອນ ກິນອາຫານ, ດື່ມນ້ຳ. ຫລືສູບ
ແລະ...



Wash your hands **before** you
use the toilet.

ກ່ອນ ການເຂົ້າໃຊ້ຫ້ອງນ້ຳ



- 3 Wear work clothes that protect your body from pesticides.

- 3 ໃຫ້ນຸ່ງຊຸດເຮັດວຽກເພື່ອປ້ອງກັນ
ຕົວທ່ານຈາກຝຸ່ນປຸ້ຍຕ່າງ ໆ

long-sleeved shirt

ເສື້ອແຂນຍາວ

hat or scarf

ຫມວກຫລືຜ້າພັນຄໍ



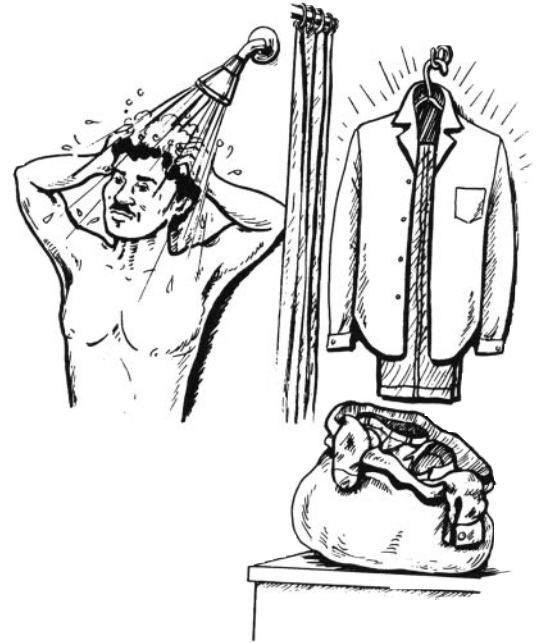
shoes and socks

ເກີບແລະຖົງເທົ້າ

long pants

ສົ້ງຂາຍາວ

- 4 After work, shower or wash your body with soap and water, and shampoo your hair. Then put on clean clothes.



- 4 ຫລັງຈາກເຮັດວຽກການແລ້ວ,
ໃຫ້ອາບນ້ຳລ້າງຕົນດ້ວຍສະບູ
ສະຜົມດ້ວຍນ້ຳຢາສະຫົວ
ແລ້ວໃສ່ເຄື່ອງນຸ່ງໄຫມ່ທີ່ສະອາດດີ

- 5 Wash your work clothes separately from other clothes before wearing them again.

- 5 ໃຫ້ຊັກເຄື່ອງນຸ່ງໃຊ້ເຮັດວຽກການ
ນັ້ນຕ່າງຫາກ ແລ້ວຈຶ່ງນຳມາໃຊ້ຕື່ມ



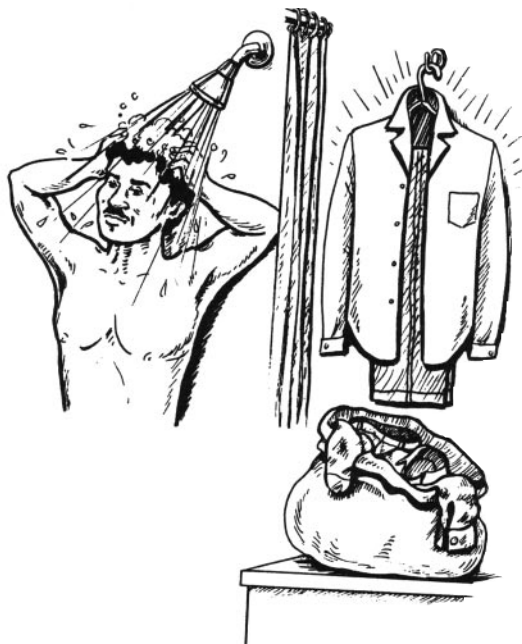
- 6 If a pesticide is spilled or sprayed on you, wash it off right away with clean water.

- 6 ຖ້າຝຸນປຸ້ຍນັ້ນຫາກຂວ້າຫລື
ສົດໃສ່ຕົວທ່ານໃຫ້ເອົານ້ຳສະອາດ
ລ້າງອອກທັນທີ



Shower or wash yourself with soap and water, shampoo your hair, and put on clean clothes as soon as possible.

ໃຫ້ໄປອາບນ້ຳລ້າງຕົນດ້ວຍສະບູ
ສະຜົມດ້ວຍນ້ຳຢາສະຫົວ
ແລ້ວໃສ່ເຄື່ອງໃໝ່ທັນທີ



Within **5 days** more training
in pesticide safety will be
given to you.

ພາຍໃນເວລາ ໕ ວັນ
ທ່ານຈະໄດ້ຮັບການຝຶກຫັດວິທີ
ປ້ອງກັນຈາກຜຸນປຸຍຕ່າງໆ



For more information, contact the State Lead Agency in your area or the EPA Regional Office nearest you.

ສໍາລັບລາຍລະອຽດເພີ່ມເຕີມ
ໃຫ້ຕິດຕໍ່ຫາກົມກອງທ້ອງຖິ່ນ
ໃນຮັດຫລັກທ້ອງການ ອີ ພີ ເອ
ປະຈຳພາກໃນເຂດທ່ານນັ້ນ.

Region 1 (MA, CT, RI, NH, VT, ME)

U.S. Environmental Protection Agency, Region 1
Pesticides and Toxic Substances Branch (APT)
1 Congress St.
Boston, MA 02203 (617) 565-3273

Region 2 (NY, NJ, PR, VI)

U.S. Environmental Protection Agency, Region 2
Pesticides and Toxic Substances Branch
(MS-105)
2890 Woodbridge Ave., Building #10
Edison, NJ 08837-3679 (908) 321-6765

Region 3 (PA, MD, VA, WV, DE)

U.S. Environmental Protection Agency, Region 3
Toxics and Pesticides Branch (3AT-30)
841 Chestnut Building
Philadelphia, PA 19107 (215) 597-8598

Region 4 (GA, NC, SC, AL, MS, KY, FL, TN)

U.S. Environmental Protection Agency, Region 4
Pesticides and Toxic Substances Branch
(4-APT-MD)
345 Courtland St., N.E.
Atlanta, GA 30365 (404) 347-5201

Region 5 (IL, MI, MN, IN, OH, WI)

U.S. Environmental Protection Agency, Region 5
Pesticides and Toxic Substances Branch (5SPT)
77 W. Jackson Blvd.
Chicago, IL 60604 (312) 886-6006

Region 6 (TX, OK, AR, LA, NM)

U.S. Environmental Protection Agency, Region 6
Pesticides and Toxics Branch (6T-P)
1445 Ross Ave.
Dallas, TX 75202-2733 (214) 655-7235

Region 7 (MO, KS, IA, NB)

U.S. Environmental Protection Agency, Region 7
Toxics and Pesticides Branch (TOPE)
726 Minnesota Ave.
Kansas City, KS 66101 (913) 551-7020

EPA Regional Offices continued on back

EPA Regional Offices/continued

Region 8 (CO, MT, ND, SD, UT, WY)

U.S. Environmental Protection Agency, Region 8
Toxic Substances Branch (8ART-TS)
One Denver Place, Suite 500
999 18th St.
Denver, CO 80202-2405 (303) 293-1730

Region 9 (CA, NV, AZ, HI, GU)

U.S. Environmental Protection Agency, Region 9
Pesticides and Toxics Branch (A-4)
75 Hawthorne St.
San Francisco, CA 94105 (415) 744-1090

Region 10 (WA, OR, ID, AK)

U.S. Environmental Protection Agency, Region 10
Pesticides and Toxic Substances Branch (A1-085)
1200 Sixth Ave.
Seattle, WA 98101 (206) 553-1091